



Food ID: D087

Food name and Description: Garlic lvs & bulb

Scientific name: *Allium sativum*

Alternate/Common name(s): Bawang dahon at ulo

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.3
Energy, calculated (kcal)	79
Protein (g)	2.6
Total Fat (g)	0.6
Carbohydrate, total (g)	15.8
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5
Sugars, total (g)	4.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	94
Phosphorus, P (mg)	53
Iron, Fe (mg)	2.2
Sodium, Na (mg)	31

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	860
Retinol Activity Equivalent, RAE (µg)	72
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	33

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.23
Cholesterol (mg)	0